

EDITION #11

OCTOBER 2025

# H O M E & L I V I N G

## MAGAZINE



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# H&L

# EDITOR'S NOTE

As October unfolds, there's a quiet beauty that settles in—one that asks us to embrace slower days, softer light, and the comforting rituals that bring meaning to our spaces. The air turns crisp, the colours deepen, and home becomes more than shelter—it becomes sanctuary.

This issue of Home & Living captures the spirit of the season with ideas that both ground and uplift. Inside, you'll find thoughtful ways to bring calming energy into your kitchen through the power of colour, helping transform everyday spaces into places of peace. You'll discover rich autumn palettes and textures in our décor features—celebrating the beauty of slow design, layered warmth, and materials that tell a story.

We also turn our attention to wellbeing, with simple yet effective skin rituals to keep you glowing as the seasons shift. And because October is a feast for the senses, our food pages are packed with inspiring ways to cook with the best of this month's harvest—think roasted root vegetables, nourishing soups, and comforting bakes that celebrate the depth of autumn flavour.

We believe that good living is made up of small moments – the flicker of a candle, the aroma of something homemade in the oven, or the way light hits a well-loved corner of your home. This magazine is here to help you notice those moments, and to gently guide you toward a life that feels more intentional, beautiful, and your own.

This issue also comes with something rather exciting – your chance to win free tickets to the Master Senior Golf Tournament at La Manga Club, one of Spain's most spectacular courses. This prestigious three-day event takes place from 6th to 9th November and promises an unforgettable atmosphere of sport, elegance, and celebration. Entering couldn't be simpler – just turn to page 26, follow the instructions, and email us your answer at **info.info@spaintodayonline.com**. For golf lovers, it's the perfect opportunity; for those who have never been before, it's a wonderful way to experience something truly special.

As the season turns, we hope this issue invites you to settle into autumn with fresh eyes, open arms, and a heart ready to be inspired. Whether you read these pages beside a fire, on a sunny terrace, or curled under your favourite blanket—we're so glad to be spending the season with you.

Warmest wishes,  
Home & Living



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nr.1 - Iznájar

## Andalucía Uncovered: Peaceful Places to Visit When You're Craving Something New

Andalucía is full of world-renowned sights—but sometimes what we really crave is somewhere quieter. A place to feel grounded. A walk by the sea. A hilltop with a view. A beach with no noise but the waves.

Whether you are living in Mazarrón, Alicante, or Mojácar, or just passing through on a holiday, these are the places worth discovering when you feel the urge to explore something new. These aren't fantasy "secret spots"—they're real, reachable, and truly special.

### 1. Iznájar – A Lakeside Village in the Sky

High above the turquoise Embalse de Iznájar sits this white-washed gem of a village in Córdoba province. The Patio de las Comedias is a must-see for its flower-filled balconies, and the nearby Castillo de Iznájar offers panoramic views. Head down to Playa de Valdearenas, a small inland beach ideal for calm picnics, paddleboarding, or reading by the water.

**Where:** Between Córdoba and Málaga, approx. 1.5 hours from either

**Perfect for:** A calm inland weekend with views and quiet walks

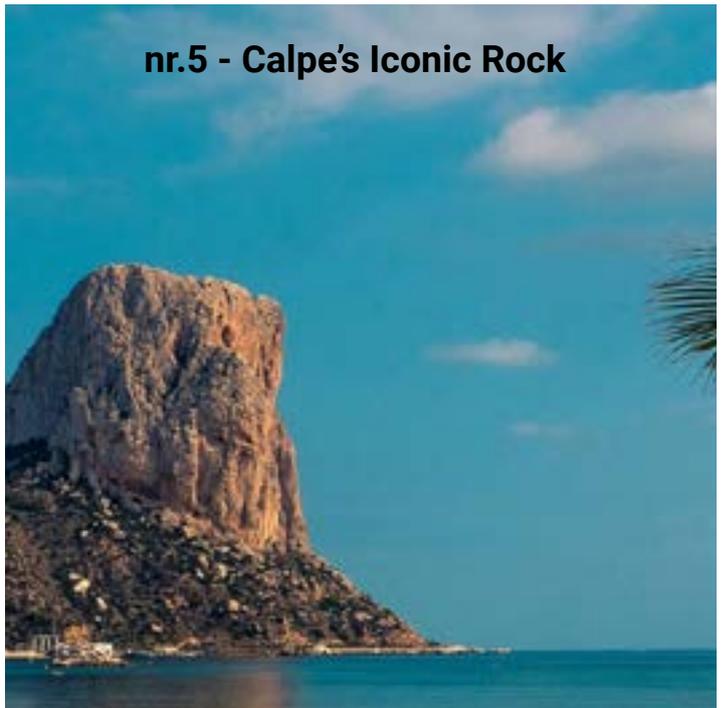
### 2. Parque Natural Maro–Cerro Gordo – Coastal Cliffs and Hidden Beaches

Between Nerja and La Herradura, this coastal park offers some of Andalucía's most beautiful cliff walks and sea views. For a truly peaceful beach, follow the footpath from Mirador de Cerro Gordo down to Playa de El Cañuelo—a protected, pebble beach with turquoise water and minimal development.

**Where:** Accessible via N-340 coastal road, park near Mirador de Cerro Gordo

**Perfect for:** A hike and a swim in a wild, untouched setting

### 3. Salobreña – A Seaside Town with Village Soul



nr.5 - Calpe's Iconic Rock

Salobreña, perched between the mountains and the sea, offers both castle views and long, open beaches like Playa de la Charca—a wide, relaxed beach popular with locals but rarely overcrowded. The Castillo Árabe at the top of the old town gives panoramic views worth the climb.

**Where:** On the Costa Tropical, 1 hour from Granada

**Perfect for:** A balance of beach, village, and culture

### 4. Dunas de Artola (Cabopino Dunes)

Just west of Marbella, this natural monument offers a rare pocket of undeveloped coastline. Follow the boardwalk through Dunas de Artola, past native vegetation and protected dunes, until you reach Playa de Cabopino—a calm, family-friendly beach with a wide shoreline and soft sand.

**Where:** Cabopino, just off the A-7 motorway near Marbella

**Perfect for:** Nature walks and peaceful beach time near the Costa del Sol

### 5. Penyal d'Ifac Natural Park – Calpe's Iconic Rock

This towering limestone rock, rising straight out of the Mediterranean, offers one of the best short hikes on the coast. The Penyal d'Ifac trail climbs through protected natural parkland to a viewpoint over Calpe's coastline and salt flats. For something gentler, enjoy Playa de la Fossa at its base.

**Where:** Calpe, 1.5 hours north of Alicante

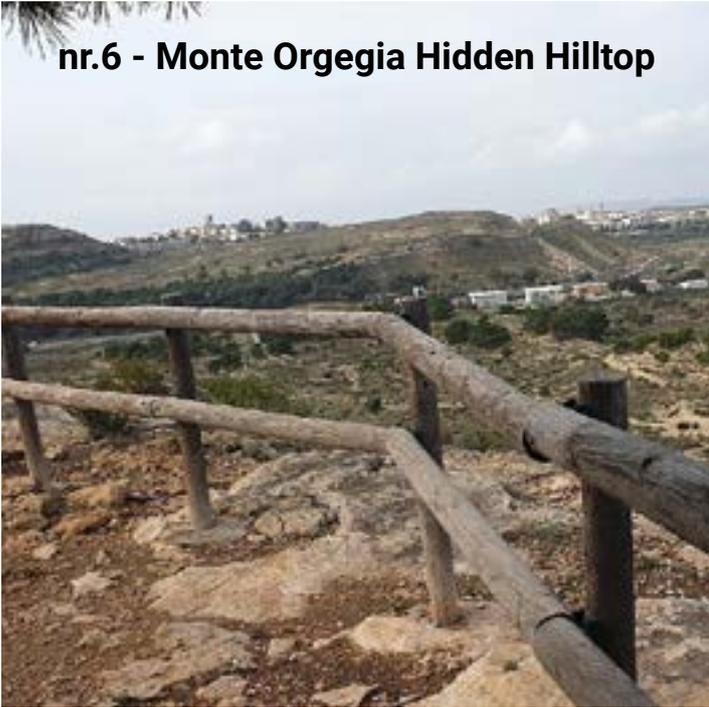
**Perfect for:** Coastal adventure and sweeping sea views

### 6. Monte Orgegia – Alicante's Hidden Hilltop

Just west of the city, Monte Orgegia is a lesser-known natural park with marked forest trails, picnic zones, and panoramic views over the Alicante coastline. Easily accessible by car or even public bus, it's ideal for a quiet morning hike or afternoon escape from the city buzz.

**Where:** Located in Alicante's north-west district (Colonia Requena area)

## nr.6 - Monte Orgegia Hidden Hilltop



**Perfect for:** Peaceful urban forest walks close to home

### 7. Playa de Calblanque – Untouched Coast Near Mazarrón

Located just under an hour from Mazarrón, Parque Regional de Calblanque is home to one of the most pristine beaches in the Murcia region. Playa de Calblanque is backed by dunes, golden cliffs, and protected scrubland—no buildings, no beach bars, just wide-open beauty.

Access is controlled during high season to preserve the area, but outside of summer, it remains one of the most peaceful spots on the coast.

**Where:** Near La Manga Club, 45–50 minutes east of Mazarrón

**Perfect for:** Nature lovers, photographers, and barefoot walks

### 8. Playa de Percheles – Mazarrón's Iconic Natural Beach

Closer to home, Playa de Percheles is perhaps the most famous beach in the area—and for good reason. This natural cove features palm trees, clean sand, and calm waves, surrounded by rocky hills. It has no development, which helps preserve its peaceful, almost cinematic character.

**Where:** Just south of Bolnuevo, Mazarrón

**Perfect for:** A quiet beach day with natural beauty

### 9. Playa del Sombrero – Wild Coast Near Mojácar

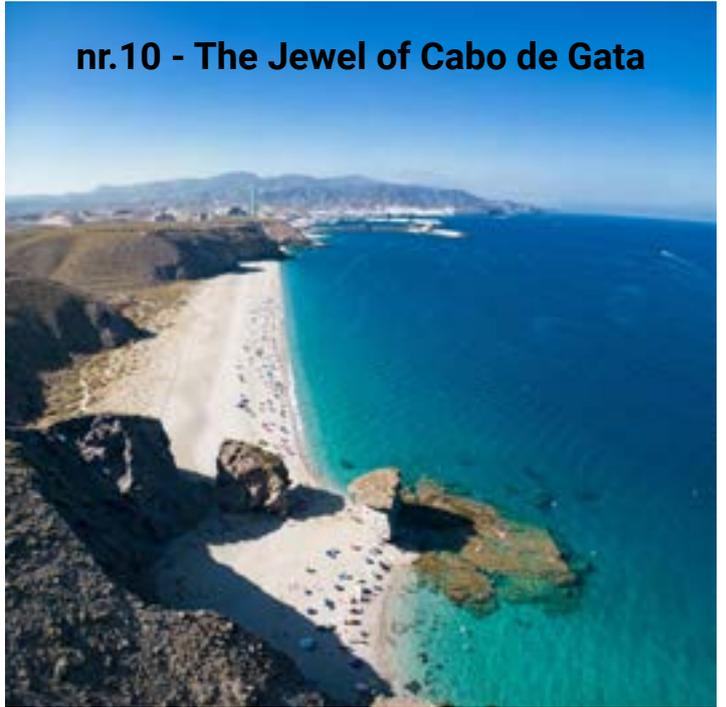
Drive a few kilometres south of Mojácar toward Carboneras, and you'll find Playa del Sombrero—a wild, rocky beach framed by cliffs and known for its peaceful setting. No services, no signs, just the sound of the sea and wind.

Bring your own shade and supplies, and come early or late in the day for full tranquillity.

**Where:** 15–20 minutes from Mojácar Playa, via the coastal road

**Perfect for:** Off-grid relaxation and deep breathing

## nr.10 - The Jewel of Cabo de Gata



### 10. Playa de los Muertos – The Jewel of Cabo de Gata

Further along from Mojácar lies the spectacular Playa de los Muertos, known for its clear, deep-blue water and dramatic setting. The path down is steep but worth it, and once you reach the beach, the views are some of the best in all of Andalucía.

Despite its popularity in summer, it remains remarkably peaceful at off-peak times.

**Where:** 30–40 minutes from Mojácar, near Carboneras

**Perfect for:** Scenic swimming, nature, and space to think

#### When to Go?

The best times to explore these places are spring and early autumn. The weather is mild, nature is at its most vibrant, and you'll avoid the summer rush. Bring sturdy shoes for the paths, plenty of water, and leave early to enjoy the quietest hours.

If you want to visit any of these locations for your next day out, we recommend you Google them and do a little extra research beforehand. Some places may have access restrictions, seasonal rules, or require a short walk from the nearest road. A quick check will help ensure a smoother experience and prevent you getting lost.

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# DID YOU KNOW?

## What is the soul? (Part 2)

Did you know that the soul refers to the living human being as explained in the Scriptures? Following on from last month let us continue to explore and expand on what is the soul?

Referring to Deuteronomy chapter 30 and verses 6 and 10 it expresses "And the LORD thy God will circumcise thine heart, and the heart of thy seed, to love the LORD thy God with all thine heart, and with all thy soul, that thou mayest live. If thou shalt hearken unto the voice of the LORD thy God, to keep his commandments and his statutes which are written in this book of the law, and if thou turn unto the LORD thy God with all thine heart, and with all thy soul". Joshua chapter 22 and verse 5 speaks similar words "But take diligent heed to do the commandment and the law, which Moses the servant of the LORD charged you, to love the LORD your God, and to walk in all his ways, and to keep his commandments, and to cleave unto him, and to serve him with all your heart and with all your soul". Note the very same words in Matthew chapter 22 and verses 37 to 39 "Jesus said unto him, thou shalt love the Lord thy God with all thy heart, and with all thy soul and with all thy mind".

In 1<sup>st</sup> Samuel chapter 1 and verses 8 to 10, 14 and 15 these verses talk about a woman called Hannah whose husband was Elkanah, being childless and was crying out to God in her distress. "Then said Elkanah, her husband to her, Hannah why weepest thou? Why eatest thou not? And why is thy heart grieved?...And she was in bitterness of soul, and prayed unto the LORD, and wept sore. ...but have poured out my soul before the LORD". 1<sup>st</sup> Kings chapter 1 and verses 28 and 29 states "Then the king answered and said, call for Bathsheba. She came into the kings presence and stood before the king. The king sware, and said, as the LORD liveth, that hath redeemed my soul out of distress". 2<sup>nd</sup> Kings chapter 2 and verse 2 it also clarifies the soul being a living person "And Elijah said to Elisha, tarry here I pray thee, for the LORD hath sent me to Bethel. Elisha said unto him, as the LORD liveth, and as thy soul liveth, I will not leave thee. So they went down to Bethel".

1<sup>st</sup> Chronicles chapter 22 and verse 19 says "Now set your heart and your soul to seek the LORD your God, arise therefore, and build ye the sanctuary of the LORD God to bring the ark of the covenant of the LORD, and the holy vessels of God, into the house that is to be built...". Job chapter 7 and verse 11 "Therefore I will not refrain my mouth. I will speak in the anguish of my spirit, I will complain in the bitterness of my soul". Job chapter 14 and verse 22 notes "But his flesh upon him shall have pain, and his soul within him shall mourn". Job chapter 19 and verses 1 and 2 states "Then Job answered and said, how long will ye vex my soul, and break me in pieces with words". Job chapter 30 and verse 25 says "Did not I weep for him that was in trouble? Was not my soul grieved for the poor". The above texts relates to the living human being, not the dead.

"The Law of the LORD is perfect, converting the soul, the testimony of the LORD is sure, making wise the simple". This is taken from Psalms chapter 19 and verse 7. Again, in Psalm



chapter 40 and verse 14 explains "Let them be ashamed and confounded together that seek after my soul to destroy it, let them be driven backward and put to shame that wish me evil". Psalm chapter 42 and verse 5 states "Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God. I shall yet praise him for the help of his countenance". Psalm chapter 54 and verse 3 says "For strangers are risen up against me, and oppressors seek after my soul. They have not set God before them". Psalm chapter 71 and verses 10 and 11 mentions "For mine enemies speak against me, and they that lay wait for my soul take counsel together, saying God hath forsaken him, persecute and take him, for there is none to deliver him". Psalm chapter 103 and verses 1 and 2 explains "Bless the LORD, O my soul and all that is within me, bless his holy name. Bless the LORD, O my soul and forget not all his benefits". Psalms chapter 120 and verses 2 and 6 expresses "Deliver my soul, O LORD, from lying lips, and from a deceitful tongue. My soul hath long dwelt with him that hateth peace".

Proverbs chapter 2 and verses 10 and 11 says "When wisdom entereth into thine heart and knowledge is pleasant unto the soul, discretion shall preserve thee and understanding shall keep thee". Proverbs chapter 15 and verse 32 makes it clear "He that refuseth instruction despiseth his own soul, but he that heareth reproof getteth understanding". Proverbs chapter 18 and verse 7 notes "A fools mouth is his destruction, and his lips are the snare of his soul". Proverbs chapter 21 and verse 23 states "Whoso keepeth his mouth and his tongue keepeth his soul from troubles".

Isaiah chapter 58 and verse 10 instructs "And if thou draw out thy soul to the hungry, and satisfy the afflicted soul, then shall thy light rise in obscurity...". Jeremiah chapter 20 and verse 13 says "Sing unto the LORD, praise ye the LORD for he hath delivered the soul of the poor from the hand of evildoers". Matthew chapter 26 and verse 38 says "Then saith unto them, my soul is exceedingly sorrowful...". James chapter 5 and verse 20 clarifies "...he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins". Also, in Acts chapter 2 and verse 43 it states "Fear came upon every soul and many wonders and signs were done by the apostles". In 3<sup>rd</sup> John chapter 1 and verse 2 it reiterates the theme that the soul is a living person "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth".

**From the above texts the Scripture makes it clear that the soul refers to a living human being.**

There is a belief that the soul is separate from the body and at death lives on. This concept is not in Scripture. But this concept has been widely accepted in many religious and secular groups. But where did this concept originate from?

I hope you have learned more about the Scripture. Next month I will look at the origins of the immortal soul concept.

If you would like to know more, contact **Sandra 602 466 534**

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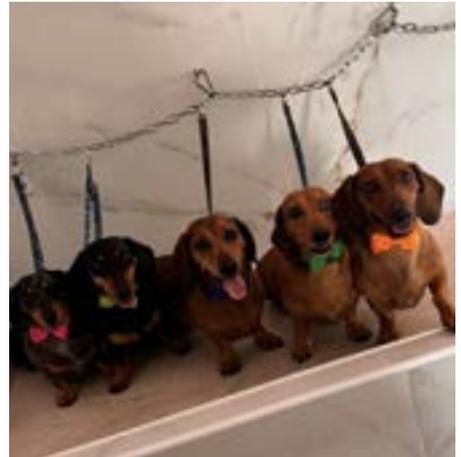
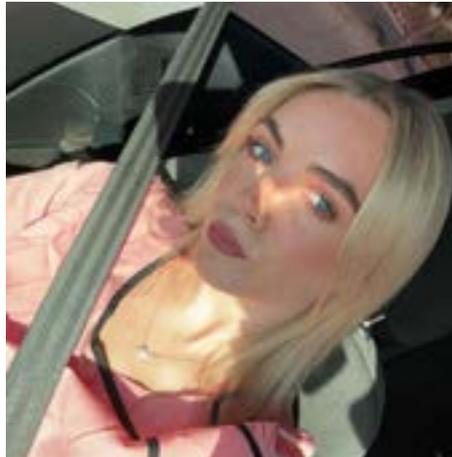
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# WAGGING TAILS

My name is Kayleigh and I am Irish, from Dublin. I grew up surrounded by farm animals in Ireland, which meant my love for them started from an early age. Now, at 25, I can't imagine life without them.

Strangely enough, despite that childhood, I never actually had a dog of my own until 2021, but once I did, everything changed. Today, I share my life with three beautiful dogs who are truly my world. One of my girls was rescued in 2024 from the veterinary practice where I worked, a moment that not only gave her a second chance but also deepened my passion for animal care.

Working in a veterinary clinic gave me invaluable experience and knowledge. I learnt how to handle pets with all kinds of temperaments from nervous rescues to excitable puppies and gained insight into different breeds and their needs.



I also developed a solid understanding of health, wellbeing and the importance of preventative care. Most importantly, I saw first hand how patience, kindness and trust can transform an animal's experience. That knowledge and those values

are now at the very heart of everything I do. needs, whether that means being especially gentle with a nervous rescue, playful with a bouncy pup, or reassuring with an older companion. For me, grooming isn't just about appearance - it's about health, comfort and happiness.

Being part of the Camposol community has been such a rewarding experience. Meeting fellow pet lovers, building trust

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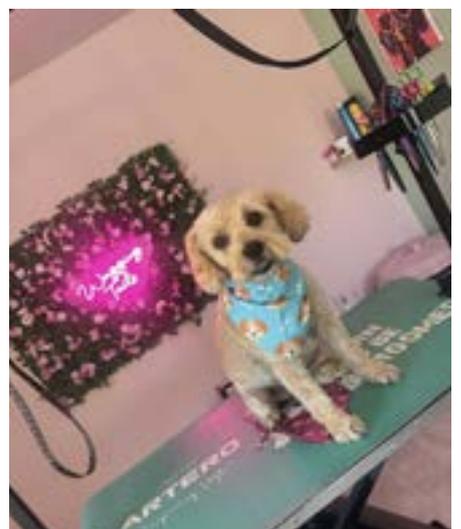
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are now at the very heart of everything I do.

This journey inspired me to open Wagging Tails Dog Groomers, based in Camposol Sector A. My vision was simple: to create a safe, welcoming salon where dogs feel comfortable and owners feel confident leaving their pets in trusted hands. For many, grooming can be stressful, but I've always believed it should be calm and positive, something both dog and owner look forward to.



At Wagging Tails, every dog is treated as an individual. I adapt my approach depending on their

and watching tails wag as dogs leave the salon has been more fulfilling than I could have imagined.

Looking ahead, I hope to expand the services at Wagging Tails while always staying true to my core belief: that dogs deserve the very best care and that owners should feel complete peace of mind.

Because at Wagging Tails, every groom ends with a wag.

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**ADOPT ME**



**SAMMY**



SAMMY IS A BIG CUDDLY BOY THAT HAS, UNFORTUNATELY, BEEN IN KENNELS MOST OF HIS 5½ YEARS AND REALLY AND TRULY DESERVES A LOVING FOREVER HOME. WHEN RESCUED HE WAS DRAGGING A CHAIN AROUND HIS NECK. SAMMY IS A FRIENDLY DOG WITH PEOPLE AND CHILDREN, A GENTLE GIANT WEIGHING AROUND 40 KILOS, NEUTERED AND FULLY VACCINATED. D.O.B JAN 2019

**LILY**



LILY, DESPITE NOT HAVING THE BEST OF BEGINNINGS THIS LITTLE SWEETIE, WEIGHING ONLY 10 KILOS, HAS BEEN IN A FOSTER HOME SINCE MAY 2024 WITH ONE OF OUR VOLUNTEERS. THIS HAS BEEN BRILLIANT FOR HER AS SHE IS LEARNING TO TRUST HUMANS WITH THE HELP OF JOANY WHO IS ANOTHER NOAH'S FOSTER DOG. SHE ALREADY LOVES GOING FOR WALKS AND IS STARTING TO ENJOY CUDDLES MORE AND MORE. SHE'S STILL A LITTLE SHY AND WILL REQUIRE FURTHER CONFIDENCE BUILDING AND EXPOSURE TO LIFE'S DAILY COMINGS AND GOINGS. SHE IS HOUSE AND LEAD TRAINED AND GOOD WITH OTHER DOGS. LILY IS ALSO SPAYED AND FULLY VACCINATED. D.O.B JAN 2022

**CHICO**



CHICO IS A REALLY HAPPY LAD WHO LOVES TO PLAY BALL, FANTASTIC ON THE LEAD AND HAS EXCELLENT RECALL. WE FOUND HIM ALL ALONE WANDERING THE STREETS AND WE FEARED FOR HIS SAFETY. WE TOOK HIM INTO OUR CARE, HOPING TO REUNITE HIM WITH HIS OWNER BECAUSE HE WAS MICROCHIPPED, BUT OUR ATTEMPTS TO CONTACT THE REGISTERED NUMBERS WERE UNSUCCESSFUL AND SO CAN ONLY ASSUME HE WAS ABANDONED. CHICO IS NEUTERED AND FULLY VACCINATED. D.O.B JAN 2020

**STARFISH**



STARFISH DOG RESCUE HAS HELPED NOAH'S TO RE-HOME LOTS OF DOGS IN THE UK AND ON SUNDAY 7<sup>TH</sup> SEPTEMBER, ONE OF OUR VOLUNTEERS, SUE JONES, ATTENDED THEIR ANNUAL DOG WALK AND WAS DELIGHTED TO MEET SOME NEW OWNERS AND THE DOGS THEY HELPED. HUGS FOR RITA, HARRISON, DILLON, JIMMY AND PEDRO WHO ARE ALL IN FABULOUS HOMES THANKS TO GILLY MINNICAN AND HER TEAM.



ALL THE ABOVE DOGS HAVE BEEN ABANDONED AND LET DOWN BADLY BY HUMANS, IT IS NOW OUR AIM TO FIND THE PERFECT HOMES FOR THEM, AND ALL THE DOGS IN OUR CARE. IF YOU WOULD LIKE TO MEET ANY OF OUR DOGS PLEASE CONTACT JANE ON 602653639 OR EMAIL [JANENA150@GMAIL.COM](mailto:JANENA150@GMAIL.COM)

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ALL ADOPTIONS OR FOSTER HOMES WILL BE HOME CHECKED.

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IF YOU WOULD LIKE A DOG BUT NOT READY TO ADOPT, WHAT ABOUT FOSTERING? WE HAVE SOME TRULY LOVELY DOGS THAT WOULD LOVE THE ONE TO ONE THAT FOSTERING BRINGS. IT ALSO TEACHES THEM TO LIVE IN A HOUSE AND SOCIALISE BEFORE THEY FIND THEIR FOREVER HOME.



ARE YOU LOOKING FOR A FUN WAY TO EXERCISE? DO YOU LIKE DOGS? IF SO, WE ARE LOOKING FOR VOLUNTEER DOG WALKERS AT OUR KENNELS, WE NORMALLY ARRIVE AROUND 9AM TO WALK THE DOGS, THEN IT'S A TEA AND COFFEE BREAK WITH SOME OF THE DOGS OUT PLAYING, ALL VERY SOCIAL. IF YOU ARE INTERESTED GIVE PAUL A CALL ON 604 172 627 FOR DETAILS. IT WOULD BE LOVELY TO MEET YOU.

# SUNDAY REFRESH

Small styling touches that make your space feel new—without big renovations.

There's a quiet kind of joy in making small, intentional changes at home—especially outdoors, where even the simplest tweak can transform how a space feels. Whether you have a garden, terrace, patio, or balcony, there are plenty of beautiful updates you can do in a single afternoon that make everything feel fresh again.

These ideas don't involve heavy lifting or construction work. They're the sort of light, thoughtful touches that anyone can try on a quiet Sunday. You can try using what you already have. Others are worth popping to the shop for. Either way, they're designed to help you see your space in a new light—and start making the most of it.

## 1. Swap the Centre

Sometimes the most effective change is the easiest: just move things around. Shift your table or seating area to a different spot—nearer the plants, into the middle of the space, or tucked into a shaded corner. Even if your layout has “always been that way,” rethinking the flow of your furniture can completely change how you use your outdoor space.

## 2. Turn a Basket into a Planter

Wicker baskets, ceramic bowls, old wooden crates—nearly anything can be a planter with a bit of lining. Line the inside with landscape fabric or plastic with holes for drainage, then fill with potting soil and your favourite herbs or flowering plants. Clustered together in different shapes and sizes, they bring a soft, rustic look without the cost of buying new pots.

## 3. Restyle in One Colour

Choose a colour you love—sage, burnt terracotta, cobalt blue—and repeat it across three or four different objects: a cushion, a painted pot, a candle, a tea towel or cloth. The power of this trick is in the repetition. Even if the items don't match exactly, they'll feel cohesive and intentional once placed together.

## 4. Frame the Forgotten View

Stand at your back door or on your balcony and look out. What's the first thing you see? That's your visual frame—and it's often neglected. Place something there that draws the eye: a potted tree, a stool with a plant on it, a lantern, or a mirror. By framing the view, everything beyond it suddenly feels curated.



## 5. Use Decorative Tiles as Table Accents

You don't need to glue tiles to enjoy that beautiful Spanish ceramic look. Instead, use a few loose tiles like coasters or placemats on your outdoor table or sideboard. Just place two or three flat tiles on a surface, and rest a vase, pot, candle, or drinks tray on top. It's an easy, removable way to add colour and pattern—and you can change the tiles whenever you like, depending on the season or your style.



## 6. Style an Outdoor Shelfie

Choose one shelf—maybe a narrow ledge, an old plant stand, or even a window sill—and arrange it like you would an indoor bookshelf. Try one plant, one small lantern or candle, a simple bowl, and something personal like a stone or postcard. Done well, it becomes a small moment of beauty that elevates the whole space.

## 7. Use Water to Add Calm

You don't need a fountain to bring water into the garden. Fill a wide ceramic bowl or dish with water and float petals, flowers, or fresh herbs in it. Place it on a table or wall to reflect the sky and add a quiet focal point. It's a simple, meditative touch that's often overlooked—and it changes the feel of a space instantly.

The best outdoor projects aren't always the biggest. Sometimes, they're the ones that make you sit differently, see your space with new eyes, or enjoy the way the light falls at 5pm. Whether you're preparing for a full makeover down the line, or just enjoying your Sunday one beautiful detail at a time, these small ideas are a perfect place to begin.



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# ENTRY EPOQUE

How to design a welcome that begins before the front door and ends on the sofa.

We often talk about entryways as if they begin at the front door. But in truth, the experience of “coming home” starts far earlier—and lingers long after you’ve taken off your shoes. Whether it’s you returning after a long day or a guest visiting for the first time, that journey—from car to courtyard to cushion—can be designed with intent.

The best homes don’t just open the door; they greet you.

It begins at the threshold of your property. Even a small front gate or drive can create a first moment of pause. Consider what’s visible as you arrive. Is it the side of the bins or a corner of rosemary? A single potted tree or climbing jasmine by the entry path gives shape and scent before anyone steps inside. Lighting matters here too—not in a security sense, but mood. A low wall light, solar lanterns tucked among plants, or a ground light at the base of a tree can quietly shift the atmosphere from functional to welcoming. If your entrance is visible from the road, think of it like a film still—your home is the backdrop, and the path to it is the opening shot.

As you walk towards the house, sound begins to play a role. If you have gravel or stone underfoot, the sound of footsteps creates rhythm. If not, wind chimes or gentle rustling from tall ornamental grasses can introduce a natural, calming soundtrack. The material underfoot also sends a message—painted tiles, smooth stone, even a simple outdoor runner laid on steps can create a sense of care and presence.



The door itself is a moment of theatre. It can be grand or humble, but it should feel deliberate. A small bench beside it, a basket of fresh lavender or olive cuttings, or a tray with a lantern placed low on the ground creates a sense of arrival. Even a beautifully chosen doormat—not one that apologises for being there—can set the tone. Doors with colour or texture speak volumes, especially in the soft light of late afternoon.

As you cross into the indoor space, the transition should feel seamless. Flooring matters here more than people realise. A warm-toned rug just inside the door, or a soft runner down a narrow hall, immediately softens the mood. So does the shift in scent. While many people burn a candle or keep a diffuser near the door, few think to layer it with natural scent carry-over from the outside—jasmine from the garden, citrus leaves on the bench, eucalyptus tied in a bundle near the coat rack.

Storage should never be the first thing people see. Hooks and baskets, yes, but try not to let shoes, wires, or helmets dominate the view. This is where structure helps: a simple antique mirror, a soft-glow lamp, and one piece of art or found object draws the eye up and makes even the smallest hallway feel styled.

From there, create what stylists call a soft runway—a visual line that draws people forward. This might be a narrow table with a single plant and bowl. It might be a view to the kitchen or garden framed by curtains or arches. The goal isn’t to show off—it’s to invite movement.

And finally, don’t underestimate the moment where people sit. This is often when they truly take in their surroundings. Whether it’s you arriving home with shopping bags or a friend taking off their coat, the first place to rest sets the tone. Consider the lighting. Add a small folded throw or cushion in your accent colour. Maybe there’s a low coffee table with a ceramic bowl and a single candle. These are tiny touches, yes—but they say “you’re here now.” You’ve arrived.

Home isn’t a single room. It’s a slow unfolding. From the moment you step out of your car to the moment you settle into your seat, you have the opportunity to create something deeply human: a welcome that speaks not with words, but with intention.

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# SOFT DESIGN

As mental health moves to the forefront of modern living, home design is being reassessed through a new lens – one that prioritises psychological safety, sensory regulation, and emotional resilience. Nowhere is this shift more relevant than in the kitchen, a space that traditionally carries high levels of activity, noise, and visual clutter. The Neo-Therapy Kitchen responds directly to this by integrating trauma-informed design principles, colour psychology, and sensory ergonomics to create a space that not only functions efficiently but actively supports mental wellbeing.

Rooted in environmental psychology, the Neo-Therapy Kitchen is more than a design trend. It reflects a growing body of research showing that the built environment significantly influences cognitive load, mood, and stress regulation. A 2020 study published in *Frontiers in Psychology* confirmed that environments with soft natural colours, rounded architectural features, and reduced sensory input can decrease cortisol levels – the body’s primary stress hormone. The kitchen, often one of the most overstimulating rooms in the house, is a key area where this science can be meaningfully applied.

Central to the Neo-Therapy concept is emotional colour mapping – the application of colour to influence psychological states. This isn’t based on guesswork; colour theory has long been studied in both clinical and design contexts. Research by the University of Westminster found that colours like soft green and dusty blue can promote calm by reducing heart rate and inducing parasympathetic nervous system activity. In practice, Neo-Therapy Kitchens utilise muted greens to ground the space, pale peach tones to subtly elevate mood, and desaturated blues to help create a sense of cognitive clarity. High-gloss finishes, bright whites, and saturated primaries are avoided,



as they can trigger alertness or stress responses – particularly for those prone to anxiety.

Equally important is the spatial layout. Trauma-informed design, a field originally developed for clinical environments, now informs residential interiors with growing urgency. According to the Centre for Urban Design and Mental Health, one of the most impactful design features for mental health is spatial predictability. In kitchens, this translates to intuitive flow, concealed storage, and soft, curved geometry that reduces visual stress. Sharp-edged islands, jarring materials, and open shelving crammed with objects are replaced by rounded counters, warm matte surfaces, and enclosed cabinetry that allow the eye to rest.

The acoustic environment is another pillar often overlooked in kitchen design. A 2021 review in *The Journal of the Acoustical Society of America* highlighted the cognitive burden of unpredictable, sharp noises – a common occurrence in typical kitchens. In Neo-Therapy Kitchens, materials like cork, timber, and acoustic plaster help dampen sound, while low-decibel appliances reduce ambient stress. Even floor and wall finishes are selected for their sound-absorbing properties, making the space less chaotic and more cognitively manageable.

This design philosophy is not about luxury or aesthetics alone; it is about creating spaces that align with the brain’s need for rest, order, and regulation. By reducing unnecessary stimuli, promoting clarity through layout, and integrating materials that support sensory

stability, Neo-Therapy Kitchens offer measurable benefits for those living with anxiety, ADHD, or chronic stress – as well as for the general population navigating an increasingly overstimulated world.

Another key principle is cognitive ergonomics – the design of spaces that reduce decision fatigue and mental friction. This is achieved through thoughtful placement of tools, clearly defined task zones, and minimal visual noise. When combined with human-centric lighting that adjusts throughout the day to support circadian rhythms, the result is a kitchen that actually contributes to psychological balance, rather than undermining it.

The Neo-Therapy Kitchen is not a fantasy. It is a response to scientific understanding of how humans interact with space. As we move into an era of homes designed not just for display but for psychological integrity, these kitchens stand as both functional centres and restorative environments – proof that beauty, science, and wellbeing can, in fact, coexist.

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# MY LAWYER IN SPAIN

## Spanish Court Rules: Non-EU Property Owners Can Deduct Rental Costs in Spain

The Spanish National Court has issued a landmark ruling allowing non-European property owners to deduct rental expenses, a benefit previously reserved only for EU residents. The Court also declared Spain's prior tax treatment discriminatory, marking an important step toward fairer rules for international property owners.

### What has changed?

Until now, non-EU residents renting Spanish property could not deduct costs such as cleaning, utilities, or marketing from their rental income, while EU residents could. Non EU are also taxed at a higher flat rate of 24% compared with 19% for EU citizens, a rate gap that still remains.

The case that triggered the decision involved a U.S. citizen who owned property in Barcelona. Spain's tax authority had argued that deductions were unavailable to non-EU residents, forcing them to declare gross rental income. The National Court rejected this, finding it incompatible with EU law, particularly Article 63 of the Treaty on the Functioning of the European Union, which protects free movement of capital.

### Why the ruling matters

The Court stressed that Spain cannot justify harsher tax treatment for non-EU residents. Just as discriminatory rules on inheritance and donations tax were struck down by the European Court of Justice and Spain's Supreme Court, the same principle applies to rental income. Equal treatment is the standard, regardless of nationality or residence.

This judgment overturns the stance of Spain's Central Economic-Administrative Tribunal (TEAC) and opens the way for non-EU owners to claim deductions in the same way as EU residents.

### Implications for future tax measures

The ruling also has political significance. Spain's President, Pedro Sánchez, recently proposed a new "Complementary State Tax" of 100% on property purchases by non-EU residents. The Court's decision strongly suggests such a measure would breach EU law, amount to discrimination and likely be struck down in both Spanish and European courts.

### A move toward fairness

For non-resident owners and potential investors, this ruling provides greater certainty and reassurance. It confirms that Spain must respect principles of fairness and non-discrimination, offering a more level playing field for those investing in Spanish real estate.

At My Lawyer in Spain, we see this as an important step forward for equality and legal clarity. If you are a non-resident who owns or plans to purchase property in Spain, our team can guide you through the legal and tax implications to ensure you are protected.



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# FALL FEAST

Honest ingredients, deep flavours, and seasonal nourishment that feels just right

Autumn isn't just a shift in temperature – it's a shift in taste. Cravings become deeper, richer. The appetite turns towards comfort, not in the heavy sense, but in the nourishing kind. And the best way to honour that is by rethinking the pantry: not replacing everything, but gently evolving it.

This is the season where ingredients with real substance shine. Take **parsnips** – sweet, creamy, and humble. Roasting brings out their natural sugars, and they're rich in potassium and manganese, which help regulate blood pressure and support strong bones. A tray of golden parsnips tossed with smoked paprika or rosemary is all you need to turn an ordinary supper into something satisfying.

Equally overlooked is **celeriac**. Knobbly on the outside, but tender and slightly nutty within, it's wonderful roasted, mashed, or blended into soup. It's low in starch and high in vitamin B6, essential for the nervous system and hormonal balance – a quiet workhorse in your weekly rotation.

Then there's **leek**, that long, elegant cousin of the onion. Braised gently in olive oil or roasted whole, leeks add silky sweetness to pies, soups, or grain bowls. They're packed with prebiotic fibre, which supports gut bacteria – the foundation of a healthy immune system and often the root of improved energy and clarity as the darker months set in.

**Red cabbage** is another treasure – especially when slow-cooked with apple and a splash of vinegar. Rich in vitamin K and anthocyanins (which give it its vibrant colour), red cabbage is known for supporting cognitive function and reducing inflammation. Its crunch can be transformed into something mellow and soft, making it a favourite on the side of hearty meals.

For something a little more unexpected, reach for **kohlrabi**. Shave it raw into slaws or roast it with cumin and olive oil until just golden. Its flavour is clean and crisp – like the cool air of a morning in October. High in vitamin C and potassium, it helps

regulate hydration and supports your skin and immune system from the inside out.

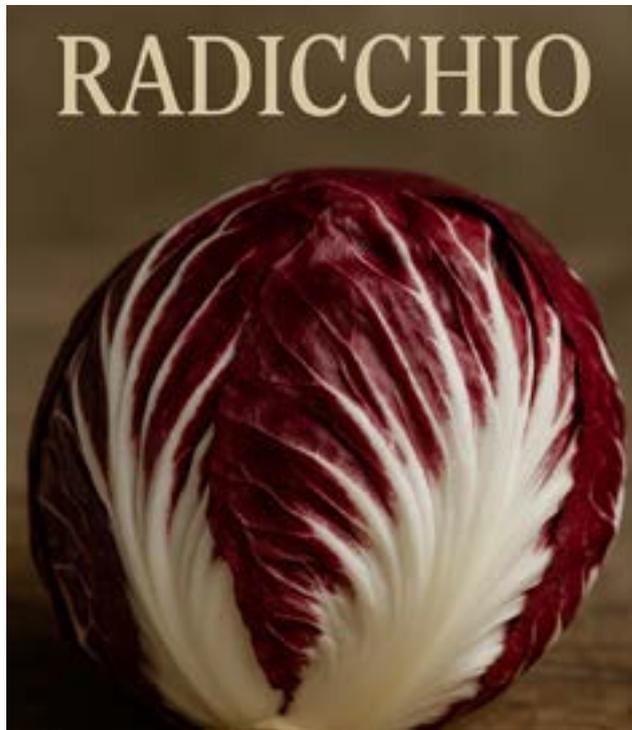
**Jerusalem artichokes** (also called sunchokes) deserve a regular spot in your kitchen once you've tasted them roasted.



Their creamy texture and subtle sweetness feel luxurious, and they contain inulin – a prebiotic fibre that fuels good gut bacteria and improves digestion. Pair with herbs like thyme and a spoonful of crème fraîche for a dish that feels restaurant-worthy.

More familiar but just as versatile is **butternut squash**. Rich in beta-carotene (which your body converts into vitamin A), it supports eye health and skin cell turnover. Roasted with cinnamon and chilli, it makes the perfect base for salads, soups, or even risottos. Blend with a little orange juice and ginger for a vibrant, velvety puree.

A bowl of **beetroot**, slow-roasted and tossed with olive oil and citrus, is grounding in every sense of the word. High in folate and nitrates, it supports blood flow and cardiovascular health. There's something calming about its earthy sweetness that just feels right this time of year.



**Fennel**, when roasted, becomes soft and almost buttery. Its natural oils aid digestion and help ease bloating – something especially welcome after heavier meals. Fennel pairs beautifully with white beans, fish, or layered into tarts with goat's cheese and thyme.

Lastly, there's **radicchio** – bold, bitter, beautiful. Its bitterness balances richness on the plate and stimulates digestion. When grilled or charred, its deep purple leaves take on a smoky softness. It's packed with antioxidants and helps reduce sluggishness by gently encouraging the liver to do its job.

Together, these ingredients create more than just meals – they create rhythm. A sense of slowing down. Of eating with the season. These vegetables don't just sit on the

plate – they fill your kitchen with scent, your day with colour, and your body with warmth and care.

A pantry reset doesn't mean perfection or excess. It's about bringing in ingredients that feel in tune with your space, your mood, and your energy. And when your food matches the season – earthy, strong, a little sweet – everything else seems to fall into place.



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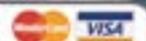
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## SPORTS

The truth about how elite sport shapes your body across a lifetime — with all its strength, sacrifice, and surprising rewards.

We marvel at athletes in their prime — fast, powerful, laser-focused. But what happens when the seasons end, the medals are won, and the body has time to speak for itself? Is the legacy of elite sport a lifetime of damage, or something more layered?

The reality is far more motivating than most expect. While high-level sport does leave its mark, it also lays a physical and psychological foundation that many carry — and benefit from — for decades.

### 10 Years On: Physical Intelligence

A decade after retirement, most athletes still possess physical attributes well above average. Research in the *British Journal of Sports Medicine* shows that former Olympians maintain significantly better cardiovascular health, muscular endurance, and bone density than non-athletes of the same age.

Sprinter **Linford Christie**, now in his 60s, still carries the physique of a man 20 years younger. **Michael Johnson**, the former 400m world record holder, has spoken about how discipline, clean living, and strength training kept him in peak condition long after retirement.

Even footballers and boxers — whose sports are more punishing — often report that their recovery speed and strength levels remain high, particularly when they remain active post-career. While some joint stiffness appears early, most are not debilitated — because their baseline fitness is exceptional.

### 20 Years On: Habits That Build Lifelong Advantage

Two decades after stepping off the podium, many former pros continue to outperform their peers in everything from stamina to mental resilience. The physical habits formed through years of training — nutrition, routine, posture, injury management — carry over into midlife.

Sir **Chris Hoy**, who retired from cycling in 2013, is still competing in motorsport and strength-based events. Former England cricketer **Andrew Strauss** now runs half-marathons. Rugby World Cup winner **Jonny Wilkinson**, despite chronic injuries during his career, remains active through structured strength work — not yoga, but targeted athletic maintenance.

Even combat sport athletes, such as UFC fighters and boxers, report that — when managed well — their bodies retain extraordinary proprioception and coordination years after they stop competing. This isn't nostalgia. It's muscle memory built under pressure.

### 50 Years On: The Real Legacy

Half a century later, you find two types of athletes. Some carry injuries, yes — but many age better than their non-sporting peers. Why? Because they've kept moving, and their bodies learned discipline early.

Former Olympic rowers often stay strong into their 70s. Veteran athletes from endurance sports like cross-country skiing, swimming, or cycling consistently top longevity studies. A *BMJ Open Sport* study found that former Olympians across most sports live longer than the general population — not just because of physical activity, but because of psychological adaptability.

Even in higher-impact sports like rugby or football, many players who retire with a plan — ongoing physical care, controlled activity, weight management — report high life satisfaction and mobility well into their later years.

### Sport Builds for Life

Sport leaves scars — but also strength. What separates former athletes isn't just what they did in their careers, but how they think: structured, purposeful, and forward-looking.

The result? Bodies that might ache, but still move with purpose. Minds that stay competitive, curious, and sharp. And lives that carry the invisible training of sport — long after the crowd goes home.



LINFORD CHRISTIE



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Win free tickets to this years European Senior Masters Championship Golf at Real Golf, La Manga Club with Murcia Today, Andalucia Today, Alicante Today, TKO Radio and Home & Living (formerly The Chronicle), between Thursday 6<sup>th</sup> and Sunday 9<sup>th</sup> November.

This local Murcia golf competition is going from strength to strength, and again there will be coverage of the event on Sky Sports Golf. Sponsors include Equals Money, Murcia Today, Andalucia Today, Alicante Today, TKO Radio, Home & Living, Bentley Leicester, Coca-Cola, La Manga Rent a Car, Marena Murray, Heniam & Associates, La Quinta Club, La Manga Life Magazine, Lamborghini Leicester, and many more.

## Who is playing at the European Senior Masters Championship 2025?

This year the event is hosted by Ryder Cup Star, Peter Baker, and players include major winners Ian Woosnam, Paul Lawrie, Colin Montgomery, as well as Philip Price, Jean Van de Velde, Jim Furyk and Costantino Rocca.

If you're interested in joining us at this esteemed golfing event, which is growing in prestige year on year, you could be lucky and win 1 of the 100 free tickets which Spain Today Online is giving away. Each ticket covers admission for 2 people for all 4 days.

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Here's the question you have to answer:

Who won the US Open in 2006 and which country did this person come from?

Be sure to get your answers in before midnight on Friday 31<sup>st</sup> October, when the competition deadline comes to an end.

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# IFEPA EVENT

The International and National Dog Show and Pet Show, organized by the Palacio de Ferias y Exposiciones de la Región de Murcia (Murcia Region Fair and Exhibition Centre) in conjunction with the Murcia Canine Society and ASFE (Spanish Feline Association) takes place on 8<sup>th</sup> and 9<sup>th</sup> November

This show, in addition to being a public favourite, is also a national and international benchmark. Its importance is due not only to the number and quality of the dogs entered in the Beauty Contest, most of whom are breed champions from various parts of the country and abroad, but also to the prestigious lineup of international judges, including some world-renowned all-rounders, who judge all breeds. The show also includes the interesting programme of exhibitions and competitions that make up the Pet Show, promoting responsible pet ownership.

For the second consecutive year, in collaboration with ASFE, a new edition of the International Feline Exhibition is being prepared, with more than 100 dogs from Spain and other countries participating.

The Pet Show, sponsored by Dingo Natura, will feature a large commercial area with around 50 companies related to the sector: supplements and accessories, nutrition, veterinary clinics and boarding kennels, shelters, insurance, pet care, etc.

This year, the National and Regional Agility Trial will be held, at-

tracting thousands of fans of this popular discipline among dog lovers to IFEPA. It is organized by IFEPA and the Rio Mula and Mediterráneo Clubs.

A programme of training, safety, rescue and canine skills exhibitions, with the participation of leading canine centres from various parts of the region and neighbouring provinces will delight visitors. The "Mascotada Contest" is a highlight, where owners can parade their pets and win unique prizes.

There will be no shortage of charity activities promoted by shelters, which help many abandoned dogs and cats find homes. In this regard, we have a quiet, enclosed space within the fair, which includes a cat shelter where visitors can enter and meet the kittens, who are usually young, with a view to adopting them. And a pre-adoption catwalk will be held in collaboration with the various participating shelters.

The exhibition is open on 8<sup>th</sup> November between 9am and 8pm and on 9<sup>th</sup> November between 9am and 6pm. Discounted tickets available for purchase online. t

More information at <https://ifeпа.es/canina/>

Advance tickets on sale at: <https://ifeпа.es/evento/exp-canina-salon-de-la-mascota-exp-felina-2025/>

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# WHAT'S ON?

## Events

### Every Day

**Noah's ARC Dog Walking @** Mazarrón

### Every Mon

**Market @** Alhama & Huerca Overa

**Camposol Walking Football Club @** Pto de Mazarrón 10am-11am

**Forget Me Not Respite Care @** The Social Centre, Camposol B 10.15am

**Friends of Mazarrón Animals Collection @** Camposol B Lower Car Park 10.30am-11am

**Andrea's Animal Rescue Collection @** Camposol B Car Park 11am-1pm

### Every Tues

**Market @** Alhama & Los Gallardos

**Los Bandidos Cycle Ride** from Mojácar Playa - see their FB page for info

**Helping the Perrera Dogs Volunteering @** Mazarrón Perrera 9am

**Helping the Perrera Cats Volunteering @** Mazarrón Perrera 9am

**Noah's Arc available for donations @** Spar, Mazarrón Country Club 10am-12pm

**GoMad available for collections @** Camposol A Car Park 10.30am-12pm

**Qi Gong & Tai Chi** on the beach. Meet at Samsara, Mojácar Playa 11am Proceeds to **Donkey Charity**

### Every Wed

**Market @** Totana & Mojácar

**Los Bandidos Run/Walk/Jog** from Mojácar - see their FB page for times

**Los Bandidos Sea Swimming @** Mojácar – see their FB page for times

**Climbing Workshop-Mothers & Children @** Mojácar 5.15pm & 6.30pm

### Every Thurs

**Market @** Lorca

**Los Bandidos Cycle Ride** from Mojácar – see their FB page for times

**Camposol Walking Football Club @** Pto de Mazarrón 10am-11am

**Los Amigos de Mazarrón FC Meeting @** Camposol A 4pm

**Over 60's Memory Workshop @** Centro de Usos Multiples, Mojácar Pueblo 5pm

**Friends of Mazarrón Animals** available for donations @ Pto de Mazarrón 10-10.30am

**Forget Me Not Respite Care @** The Social Centre, Camposol B 10.15am

**Mazarrón AA Meeting @** Cañadas de Gallego 5.30pm (Call 646 290 420)

### Every Fri

**Market @** El Pareton, Garrucha & Puerto Lumbreras

**Camposol D Bucket Collection @** The Hut, Camposol D 9.30am-12pm

**Los Palacios Gardening Group Library @** Camposol A 10am-12.30pm

**Climbing Workshop-Mothers & Children @** Mojácar 5.15pm & 6.30pm

**Line Dancing @** Centro de Usos Múltiples, Mojácar 5€ 4-8pm (proceeds to **Charity**)

**Helping the Perrera Dogs Volunteering @** Mazarrón Perrera 9am

**Helping the Perrera Cats Volunteering @** Mazarrón Perrera 9am

**Noah's Arc Stall @** Camposol B Commercial Centre 9.30am-1pm

**Friends of Mazarrón Animals Collection @** Isla Plana Social Centre 1-1.30pm

**Every Sat** **Market @** Fuente Alamo, Mazarrón, Aguilas & Vera

**Los Bandidos Run/Walk/Jog @** Mojácar – see their FB page for times

**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€

**Harlequin Rock Choir Rehearsals @** The Social Centre, Camposol B 1.30pm

**Every Sun** **Market @** Pto de Mazarrón

**Car Boot Sale @** Camposol A

**Antique and Second Hand Market @** Cañadas del Romero 8am-1pm

**Beach Dog Club Meeting @** Bolnuevo Beach 9am

**Beach Dog Club Meeting** opposite Pueblo Best Indalo, Mojácar 8.30am

**Los Bandidos Cycle Ride** from Mojácar – see their FB page for times

**Rastro Market @** Centro de Usos Múltiples, Mojácar Pueblo

**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€

**Dog Walking/Socialisation @** Turre (meet at Plaza Constitución) 7pm

**Juke Box DJ @** Mojácar Playa, all proceeds to **PAWS-PATAS** 9pm

## OCT

**Weds 1** **Free Advice on Wills/Inheritance by Thy Will Be Done** next to Hamiltons Bakehouse, Benijofar 12pm inc free lunch. Book on 865 756 058

**Friends of Mazarrón Animals Music Night feat Robbie Williams/Madonna Tribute @** Camposol A

**Thurs 2** **PAWS-PATAS Bingo Lunch Club @** The Snug, Mojácar Playa 10€ 1.30pm



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- Sat 4**      **Friends of Mazarrón Animals Pop Up Market @** Isla Plana Social Centre 10am-2pm
- Sun 5**      **St Nicholas Church Songs of Praise/Harvest Festival @** Camposol D20 C/Sobrija 11am
- Tues 7**      **Monthly 'B' Clean Meeting @** Camposol B 4pm
- Weds 8**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm
- Sat 11**      **Friends of Mazarrón Animals feat Reke/raffle @** Camposol C
- Sun 12**      **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am
- Tues 14**      **PAWS-PATAS Book Sale @** Scotty's, Mojácar Playa 10.30am-1pm  
**HELP MMM Coffee & Company @** Calle Helena, Los Alcazares 11am-12.30pm
- Thurs 16**      **Friends of Mazarrón Animals Take That Tribute @** Camposol C
- Sat 18**      **Friends of Mazarrón Animals Fashion Show @** Camposol C
- Sun 19**      **St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am
- Weds 22**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm
- Sun 26**      **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am

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B CLEAN		bcleangardening@gmail.com
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CAMPOSOL WALKING FOOTBALL CLUB	634 103 668	sectordphone@mail.com
CLIMBING WORKSHOP FOR MOTHERS, MOJÁCAR CLOUD 9		nlinareo@mojacar.es
FORGET ME NOT	603 121 416	c9drama@gmail.com
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# The Personality



## WORD SEARCH



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RESTLESS

HESITANT

MAD

NEGATIVE

SAD

FIRM

# HOMESTYLE JAPANESE CURRY

To make this smooth and comforting Japanese-style curry with rice, start by preparing your ingredients:

300g boneless chicken thigh or breast, 2 medium peeled and diced potatoes (about 250g), 1 sliced carrot (100g), half a cup green peas (frozen or fresh), 1 chopped onion (about 150g), 2 cloves minced garlic, 1 tsp grated fresh ginger, 1 tbsp mild curry powder, 1 tbsp plain flour, 1 tbsp soy sauce, 500ml chicken stock, 1 tbsp vegetable oil, and steamed Japanese short-grain rice (150g per person).

In a large saucepan, heat the oil over medium heat and gently sauté the onions until soft and translucent. Add the garlic and ginger, cooking just until fragrant, then stir in the chicken pieces and cook until lightly browned on all sides.

Sprinkle over a tablespoon of plain flour and a generous spoon of curry powder, stirring well to coat the meat and vegetables evenly. Pour in the chicken stock and bring everything to a gentle simmer. Add the potatoes and carrots, season with a splash of soy sauce, and continue to simmer for around 20 minutes until the vegetables are tender and the sauce has thickened to a smooth consistency. Add the peas during the final few minutes of cooking.

Serve the curry hot with a neat dome of steamed rice on the side, topped with a sprinkle of black sesame seeds for contrast and a touch of nuttiness.

# TANDOORI STYLE SKEWERS

To make this vibrant and flavourful chicken tikka skewer dish, you will need 500g diced boneless chicken thighs or breasts, 150g Greek yoghurt, 2 cloves fresh garlic (crushed), 1 tbsp grated ginger, 2 tbsp lemon juice, 1 tsp garam masala, 1 tsp ground cumin, 1 tsp paprika, half a tsp turmeric, half a tsp salt, and 1 tbsp vegetable oil. For the skewers, also prepare 1 red onion (cut into chunks), 1 red and 1 green pepper (chunked), 1 courgette (sliced), and wooden or metal skewers. To accompany the dish, cook 200g basmati rice and prepare a fresh tomato and onion salsa with 2 chopped tomatoes, half red onion (finely diced), 2 tbsp chopped coriander, 1 tbsp lemon juice, 1 finely chopped green chilli, and a pinch of salt. A smooth tikka-style sauce on the side can be made using 2 tbsp tomato purée, 100ml cream, 1 clove garlic (crushed), half a tsp grated ginger, and half a tsp garam masala, simmered together.

Begin by marinating the chicken. In a large bowl, mix the yoghurt with crushed garlic, grated ginger, lemon juice, and all the spices. Add the chicken pieces, coat well, and let them marinate for at least an hour, preferably overnight in the fridge. When ready to cook, thread the chicken onto skewers, alternating with red onion, courgette, and pepper chunks. Heat a grill pan or barbecue to high and brush it lightly with oil. Cook the skewers for around 10–12 minutes, turning regularly until the chicken is cooked through and slightly charred on the edges.

Meanwhile, cook the basmati rice until fluffy and prepare the tomato salsa by mixing all the chopped ingredients together with lemon juice. If making the tikka sauce, simmer the purée, cream, garlic, and spices in a small saucepan until smooth and rich. Serve the skewers on a bed of rice, spoon over the tikka sauce, and add a generous portion of the salsa on the side for a colourful and balanced dish.





# TRIPLE CHOCOLATE MOUSSE

To make this rich and elegant layered chocolate mousse cake, begin by preparing a dark chocolate sponge base using 30g unsweetened cocoa powder, 100g plain flour, 120g caster sugar, 2 eggs, 1 tsp baking powder, 50ml vegetable oil, 75ml milk, and half a tsp vanilla extract. For the mousse layers, you will need 200g good quality dark chocolate, 300ml double cream, 2 tbsp icing sugar, and 200g mascarpone. The contrasting white mousse in the centre is enriched with 100g chopped white chocolate and half a tsp orange zest for a bright, creamy lift. To finish, you'll need 1 tbsp cocoa powder for dusting and dark chocolate shards for decoration.

Start by baking the sponge. In a large bowl, whisk together the sugar, eggs, oil, and vanilla until pale and smooth. Sift in the flour, cocoa powder, and baking powder, then add the milk gradually. Pour into a greased cake tin and bake until risen and springy to the touch. Allow to cool fully before slicing horizontally into three equal layers.

To make the mousse, melt the dark chocolate gently in a heatproof bowl set over simmering water. Whip the cream with icing sugar until soft peaks form, then fold in the cooled melted chocolate and mascarpone. For the centre layer, melt white chocolate and fold it through whipped cream with a little orange zest.

Assemble the cake by layering the chocolate sponge with a thick spread of white mousse, followed by another layer of sponge, then a generous topping of dark chocolate mousse. Smooth the sides if desired. Dust the top with fine cocoa powder and finish with dark chocolate shards. Chill the cake until firm and slice with a warm knife for clean edges. This dessert is both indulgent and refined, perfect for dinner parties or special occasions.



# EAT COLLAGEN

The real foods, drinks, and rituals that give your skin radiance—without a single supplement.

There's something comforting about autumn's slower pace. As we slip into cooler months, it's the perfect time to tune into our skin—not just with creams or treatments, but by feeding it from within. Science increasingly shows that what we eat and drink daily has a direct impact on our skin's elasticity, moisture, brightness, and ability to resist wrinkles. And no, it doesn't have to involve powders or pills. Real food does the job—brilliantly.

It starts with collagen, the protein that gives skin its bounce. As we age, collagen production naturally declines, especially in women after 30 and more sharply after menopause. But we can support the skin by giving the body what it needs to build and maintain collagen naturally.

Let's begin with protein—the foundation of collagen. If you eat fish, choose oily varieties with skin still on. Sardines, mackerel, trout, and wild salmon are superb options. The skin contains natural collagen, while the flesh is rich in omega-3 fatty acids which reduce inflammation and keep the skin barrier soft and hydrated. Sardines, in particular, are a powerhouse: they're inexpensive, high in protein, and contain both collagen and co-factors like calcium and selenium that support skin renewal.

For those who eat meat, slow-cooked dishes using skin-on chicken or tougher cuts like oxtail and beef shin are rich in connective tissue. These cuts release gelatine when cooked, which contains glycine and proline—key amino acids for collagen production. Bone broths made from these ingredients are warming, easy to make, and far more than trendy—they've been used for centuries in cultures around the world for their healing and beauty benefits.

Now pair these with vitamin C-rich foods, because the body cannot make collagen without it. Instead of the usual oranges, think outside the fruit bowl: kiwi fruit has nearly double the vitamin C of oranges. Papaya is another hidden gem—tropical, sweet, and rich in both vitamin C and papain, an enzyme that aids digestion and skin renewal. Guava, too, is potent: one single fruit can provide over 200% of your daily vitamin C needs. And don't overlook red peppers, which are technically a fruit. They contain more

vitamin C per gram than most citrus and add vibrant crunch to any meal.

For drinks, green tea is one of the best daily habits for your skin. It contains catechins, natural compounds shown to reduce inflammation and protect skin from UV damage. Studies have shown that green tea drinkers have more elastic skin and fewer wrinkles, especially when combined with a diet low in refined sugars. You can elevate your daily cup with a squeeze of lemon, which enhances the tea's antioxidant absorption and adds a fresh dose of vitamin C.

For something cosier, try simmering pear slices with fresh ginger and cinnamon. Pears are hydrating, gently sweet, and full of copper—a mineral involved in the cross-linking of collagen fibres—while cinnamon and ginger offer anti-inflammatory benefits. Served warm, this drink is as calming as it is beautifying.

But it's not just what goes in your body—it's what goes on it. Simple, natural oils can enhance skin health externally too. Coconut oil, for example, has been shown in clinical trials to improve moisture levels and elasticity when applied topically. A fingertip-sized amount warmed between the hands and patted onto clean skin creates a protective barrier, especially on cooler, drier days.

Another favourite is raw honey, especially manuka or wildflower varieties. Applied as a five-minute face mask once a week, it draws moisture into the skin, soothes redness, and contains natural antibacterial properties. For those with oilier skin, try aloe vera gel mixed with a few drops of cucumber juice—this blend cools inflammation and leaves skin feeling light but nourished.

The key to real skin change is consistency. It's not about a seven-day miracle, but the steady rhythm of eating hydrating fruits, well-sourced proteins, warming herbal drinks, and applying simple natural ingredients to the skin. Within a few weeks, you'll likely notice softer texture, more even tone, and a healthy glow that doesn't come from a bottle.

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# SPANISH LAW TRAFFIC

## DRIVING A FOREIGN REGISTERED VEHICLE IN SPAIN

- N332 & CAR REGISTRATIONS SPAIN

### BASIC RULES

As a general rule, a non-resident can drive a foreign registered vehicle in Spain for up to six months in a calendar year. However for a Spanish resident, it's just 30 days from the date the vehicle first entered the country. In all cases the vehicle needs to be fully legal in the country of current registration. So for example, if you have a UK vehicle then it must be taxed, have a current MOT and of course be insured.

### OVERSTAYING

If you drive your vehicle for longer than this, Spanish authorities may consider that you are importing the vehicle and issue you with a notice to pay the import taxes and customs duties if applicable as well as an associated fine.

### DOCUMENTATION

When driving in Spain, it is mandatory to carry a driving licence, original vehicle registration document (logbook), passport or ID card and for a foreign registered vehicle proof of insurance. If your driving licence is non EU then you may also need an International Driving Permit (IDP).

### PROOF OF ENTRY

It's also essential when driving a foreign vehicle that you have ad-

equated proof of when your vehicle entered Spain, in case you're stopped as the onus will be on you to provide this. Normal proof could be a ferry ticket, eurotunnel receipt, border crossing documentation (such as a stamped date in your passport), toll receipts that show the date and time of entry or a transport company delivery note and invoice.

### CONFISCATION

When stopped, if you cannot satisfy the police or Guardia Civil that your car hasn't overstayed it's welcome then they are within their rights to impound your vehicle. To retrieve your vehicle you will have to pay any fines issued along with any tow truck and storage fees. You may also have to pay any import taxes or customs duty if applicable. (You will also need to show a valid drivers licence and proof of insurance when you collect the vehicle).

If your vehicle has been impounded we can usually help so please don't hesitate to get in touch if you find yourself in this unenviable position. Likewise, if you have a foreign registered vehicle that you would like to register on to Spanish plates, please don't hesitate to get in touch with a member of our team.

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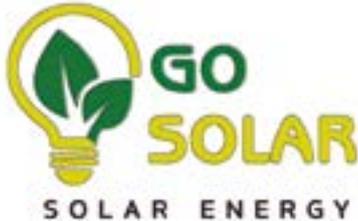
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The bible is not just a collection of stories, it's a mandate for everyday living, a living word that guides and instructs us through life. It's a manual that supports us through trials, a comfort in times of pain and grief, and a directory of how to live with correct morals and love for others. It's a "love story" that unfolds from the creation of the world to the redemption of mankind through Jesus Christ. God's love is so deep that we as humans are unable to truly comprehend, and in today's world that can be even more difficult to understand, with all the wars, hatred and unnecessary violence that we see daily in the media.

The world and the people in it are changing minute by minute. We change our minds like we change our clothes, but the word of God and His love for us never changes, it's the same today as it was yesterday and it will be the same tomorrow and however many more tomorrows there may be.

This kind of selfless unconditional love (Agape the Greek word for this kind of love) is the highest kind of love anyone can give. And God gives this to all His children. We are sons and daughters of the most high and He loves us without condition. He has



no discrimination, and no one is exempt. Maybe you would like to get to know our God? If so, why not come along and join us, we would love to meet you.

Check out our website [www.victorychurchesspain.com](http://www.victorychurchesspain.com) for more information. There's a warm welcome waiting just for you.



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## Luxury Lives in the Details of Simplicity

This serene veranda is a masterclass in laid-back luxury — where architecture and atmosphere create a perfect harmony of form and feeling. The arched terracotta-framed windows offer glimpses of nature while flooding the space with soft, golden light. A sculptural round daybed, paired with a handwoven hammock, invites quiet reading or long, indulgent naps. Lush indoor plants in clay pots breathe life into every corner, adding a sense of curated wildness. Here, nothing is rushed. Every element — from the textured walls to the warm, earthy palette — speaks of slow living, intentional design, and quiet sophistication. It's the kind of space that reminds you: luxury isn't loud — it's lived in.



# TENDER LIVING

A home can be exquisitely decorated – the perfect sofa in the perfect shade, walls adorned with art, sunlight falling just so – and still feel incomplete. The truth is, interiors are at their most beautiful when they reflect a life that is lived with generosity, joy, and a heart open to higher purpose. When your heart is full and your days are shaped by meaningful action, your surroundings begin to carry a presence that feels deeply alive and filled with grace.

That's why, beyond choosing the right cushion fabric or dining table finish, it's worth asking: How am I living? What am I giving? Because when you give freely of your time, energy, and kindness, you're not just decorating your home – you're enriching your soul. And in turn, your home becomes a place imbued with warmth, compassion, and a sense of divine belonging.

Pages **42–43** of this issue offer an invitation to step into that kind of life. Our Charity & Groups Directory is bursting with opportunities to give back, discover new friendships, and connect with your community in the most rewarding ways. Whether you have an hour a week or an afternoon a month, you will find something lovely that suits you perfectly.

For animal lovers, **Andrea's Animal Rescue & The Henrietta Foundation** offers a way to make a real difference to furry friends in need. You might find yourself helping to care for rescued animals, organising fundraisers, or even walking a dog that has been waiting for its forever home. There's also **Friends of Mazarrón Animals**, who welcome all kinds of helping hands – from assisting at adoption days to simply giving the animals some well-deserved affection. If your heart is drawn to this kind of care, you might also consider lending your time to **Cavalli, Helping Hands, Helping the Perra Dogs, Noah's A.R.C.**, or **PAWS-PATAS**, all of whom rely on dedicated volunteers to keep tails wagging and spirits high.

Perhaps your heart leans towards helping people. **Age Concern Costa Cálida** supports older members of the community, offering companionship, assistance with everyday tasks, and an all-important listening ear. Sometimes, the most powerful gift you can give is your time and attention – sharing a cup of tea and a conversation that brightens someone's day. Or maybe you're drawn to **Forget Me Not**, which provides respite care for those in need in the Mazarrón area. Your involvement could be as simple as offering a friendly presence, or as involved as helping to organise events and support networks.

If you enjoy being part of lively activities while helping good causes, **Cloud 9 Drama, Harlequin Rock Choir**, and **Indalo Players** bring people together through performance and song, raising funds for charity in the process. Joining a group like this means you're not only contributing to the community but also gaining a joyful outlet for your own creativity.

For those with a passion for making change on a broader scale, organisations such as **MABS, MAD – Making a Difference, Samaritans in Spain, Vera and District Lions** offer countless ways to get involved. You might help at fundraising events, assist with



awareness campaigns, or support their day-to-day operations. Each task, no matter how small, reaches further than you might imagine.

Volunteering isn't just about the good you do for others – it's about what it awakens in you. Stepping out of your routine, meeting new people, and contributing to something bigger than yourself brings an undeniable sense of peace and purpose. It can lift your mood, improve your health, and even change the way you see the world. Walking dogs for a rescue group gets you active in the fresh air. Helping at community events keeps you socially connected. Spending time with the elderly offers a depth of conversation and wisdom that money can't buy.

And here's the thing: when your life is anchored in this way, your home starts to reflect it. That bouquet of wildflowers from your walk to the animal shelter finds its way into a jug on the kitchen table. The framed photo from a charity fundraiser sits proudly on your desk. The laughter you shared at a choir rehearsal lingers in the air long after the music stops.

So take a look at the charities listed on pages 42–43 and let yourself be drawn to one that resonates. Maybe it's something you've always wanted to try, or maybe it's something you never considered before. The beauty of volunteering is that there's no single right way to do it – only the way that fits your skills, your interests, and your calling.

Your interiors may be the backdrop to your life, but your actions are the story. And when the story is one of kindness, connection, and devotion, the backdrop shines all the brighter.

# REAL ROMANCE

There's something beautiful about the kind of love that stays. The kind that wakes up beside you for years, makes tea without asking how you take it, and still remembers your first laugh. But even in the happiest of homes, there comes a time when love starts feeling a little... routine.

It's not a crisis. It's not a warning sign. It's life. Bills are paid, the dishwasher needs emptying again, and somehow weeks go by without a real moment between the two of you that didn't involve deciding what's for dinner.

If any of this sounds familiar, take heart. Marriage isn't meant to be exciting every moment of the day. But it is meant to be alive. And keeping it alive doesn't mean chasing after wild passions or dramatic declarations. It means choosing each other, intentionally, over and over again – in small, sometimes silly, sometimes sacred ways.

One of the quickest ways to fall back in love is to really look at your partner again. Not just glance across the room while they're folding socks or checking the post. Really look. The same way you did when everything felt new. Watch the way they butter toast. Listen to how they hum when they don't realise it. Remember what first made you soft for them, and then tell them. Out loud. Not for a reaction, but because it's true.

We often forget how powerful it is to be seen by someone who knows us so well. And in marriage, we sometimes assume the seeing is automatic. It isn't. Attention must be given freely. If love is the flame, attention is the oil.

A beautiful way to reset the rhythm in your relationship is to bring in just a little surprise. Not the grand, unrealistic kind – no surprise weekend in Paris needed – but the quiet, delightful kind that says, "I thought about you." Slip a little note into their coat pocket. Plan an evening that feels like a date, even if it's just in your living room. Make their favourite pudding on a Tuesday, for no reason at all.

And don't underestimate the joy of shared laughter. Humour is deeply binding. It softens the hard days and lifts the quiet ones. Start an in-joke you keep alive just between you. Watch something daft together, even if it's not your usual thing. Make room for joy, even if it's messy, even if you're tired.

Physical affection, too, deserves more attention than we often give it. Not just intimacy, though that's important. But simple, regular contact – a hand on the back as you pass in the hallway, a head rested on a shoulder while watching the telly, a long hug for no particular reason. These gestures speak volumes,

especially in long-term love, where words sometimes wear out before actions do.

One practice many couples swear by is creating a "just us" ritual. It doesn't have to be romantic in the traditional sense – though it certainly can be – but it must be yours. Something that no one else quite understands. Maybe it's a silly phrase you whisper before bed. Maybe it's fish and chips in the car once a week. Maybe it's a song that you always dance to in the kitchen, even if you're both terrible dancers. These private rituals become anchor points, especially when the world outside feels heavy.

Now, let's talk about something most people avoid: the dry spells. Emotionally. Physically. They happen. They don't mean anything is wrong. But silence over time can turn into distance

if left unspoken. So be brave enough to ask, "How are you feeling lately? About us?" Not as an interrogation. As an offering. Be willing to talk honestly – and kindly – about what feels bright and what feels dim. You may be surprised at how welcome the conversation is.

Sometimes all a marriage needs is fresh light. A change of pace. A weekend without schedules, or even just a night where both phones are turned off and the conversation is free to wander. Try asking each other big questions again – the kind you asked

when you were first falling in love. What would you do if money didn't matter? Where would you love to travel together one day? What do you think we're really good at, as a couple?

These questions remind you that your love isn't only about managing a household. It's a shared story. And stories need new chapters.

And if your marriage is already glowing, don't take that for granted either. Water it. Tend to it. Protect it from the slow fade that familiarity can bring. Not by being anyone other than yourselves, but by remembering that even the most rooted trees still need sunlight.

You don't need to become a new person or change your entire routine. You simply need to remember what a privilege it is to live this life side by side – and treat it that way. With respect. With mischief. With grace.

You chose each other once. Keep choosing. Every day, in small, meaningful ways. From the way you say good morning, to how you part at night. Let your home be a reflection of the love that lives there – one that doesn't settle into silence, but hums gently with warmth, affection, and a quiet, enduring joy.



# TV NEWS

October is here and at last we have some bearable fine weather. One of the reasons I came to Spain was for the sun but, I have to admit, I find each summer harder to cope with – are the summers really hotter and longer or am I just older? It will soon be time to think about heating and getting a supply of logs in and we will be looking forward to the spring sunshine. Yes, us Brits are transfixed on the weather!

All is good at the Rainbow house – animals, plants and humans – as is the charity we sponsor – Friends of Mazarrón Animals – although they can always use a volunteer or a euro or two.

TV News ..... we are still helping to install Starlink internet, particularly in rural areas, where fibre is not available. Excellent internet with speeds of 250MB plus.

At the time of writing they still have a free basic equipment offer (saves 360€) and the monthly charge of 40€ - not the cheapest but similar to the quality services of Movistar and Vodaphone. There are cheaper providers but, in our experience, the whole service is then “cheap” – regular down periods, cheap slow routing and poor customer service. If something does not work well in our book, it doesn't matter how cheap it is there is just no point in having it. Quality - from the actual product to the customer service – is Rainbows mantra as it is with the better internet providers, but these days most people seem to



put price before any other criteria. However, the old saying “you get what you pay for” does apply in the tech field.

Rainbows TV service is not the cheapest (or the most expensive!), but we feel it is one of the best including the customer service – things like we won't ask you to bring your TV box to us for service – we will visit – generally within 24 hours. We are not perfect but

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If you have an unsatisfactory TV service you are welcome to try Rainbows for 7 days free of charge – we will visit, set up and commission the system with instructions, for a no obligation trial – just give us a call.

We at Rainbow can usually help all nationalities get their own TV – unfortunately our language skills are fairly limited but WhatsApp a message to us and

Google translate can help us chat with each other!

That's it for October – more TV information in November 2025.

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# SPA LIVING

## LUXURY YOU'LL USE DAILY

Your bathroom deserves more than standard fixtures—it deserves moments of indulgence, warmth, distinctive materials, and thoughtful design details you actually notice. Spa-level bathrooms aren't about over-elaborate features but about elevating your daily routine. A towel warmer that dries efficiently, a steam unit that feels transformative, lighting that flatters skin, and fittings that resist tarnish—these are the pieces that turn function into ritual, elegance into enjoyment.

### THE WARMER TOUCH

Towel warmers make the difference between stepping from a warm shower into comfort, and stepping into cold. **SAMEAT Large Towel Warmer** Bucket which fits two oversized towels or even a bathrobe; it includes a wood handle, auto shut-off, timer settings and rapid heating. For wall-mounted elegance, a polished stainless steel towel rail with multiple bars is listed there too—look for a rack measuring at least 8-bar width, with timer functions and waterproof safety rating, allowing for both style and utility in family bathrooms or compact homes.

### STEAM THAT SATISFIES

Steam transforms a shower into a sanctuary. **Commercial Sauna Steam Generator** which offers powerful heating, stainless steel self-draining features, and intelligent digital control. There are also compact kits of around **9-12 kW** suitable for mid-size bathrooms, with safety valves, over-temperature protection and sealed panels to keep moisture and maintenance manageable. A well-chosen steam system opens pores, eases muscles, calms nerves—and it becomes something you look forward to every time.

## MATERIALS, LIGHT, AND SOUND

Even small details have outsized impact. Faucets in brushed nickel, aged brass or matte black resist spotting and add character. Mirrors framed in soft LED rim lighting reduce glare and flatter every face. Solid-surface basins don't stain, and sleek, edge-less shower enclosures in tempered glass stay crystal clear and modern. Add discreet, **moisture-resistant speakers**

so music or guided soundscapes can accompany your steam without the risk of condensation or rust.

### EASY LUXURY

Luxury that lasts is built on smart design and effortless upkeep. Look for features like built-in timers, IP-rated fixtures, auto shut-off, and scratch-resistant coatings. Towel warmers with heat-retaining ceramic or brushed steel stay sleek and rust-free. For steam, opt for seamless waterproof controls and low-maintenance finishes. Non-porous materials like sintered stone, glazed porcelain, or solid resin resist build-up and wipe clean easily—no grout lines or textured surfaces that trap grime. Integrated niches and **floating cabinetry** keep clutter hidden and the space feeling serene.

### YOUR OWN SANCTUARY

Even small details have outsized impact.

Consider **anti-fog mirror coatings**, slip-resistant textured tiles, and motion-sensor lighting for comfort and safety. **Wall-mounted taps** free up counter space and reduce water spots. Swap standard drains for linear ones to improve flow and style. Add a recessed shelf with backlighting or a warming drawer for robes. Finishing touches like **aromatherapy diffusers** or a **stone foot-rest** in the shower bring surprising ease — thoughtful upgrades that quietly elevate the everyday.



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